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THE CANADIAN
RED CROSS SOCIETY

Knitting Instructions
for
War Work

Compliments of . . .

THE YELLOW PAGES OF YOUR
TELEPHONE DIRECTORY

EXACTNESS is an axiom of fine hand knitting. The better heel-turners and toe-weavers use precise methods They seldom trust to memory.

The **SAME PRINCIPLE** . . of certainty, is essential to the most effective use of telephone service. When you want to find any article or service, consult **THE YELLOW PAGES OF YOUR TELEPHONE DIRECTORY.**

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ABBREVIATIONS:

K—knit.

P—purl.

S—slip.

st—stitch.

sts—stitches.

ins—inches.

tog—together.

p.s.s.o.—pass slipped stitch over.

inc—increase.

dec—decrease.

t.b.l.—through back of loops.

knit even—without increasing or decreasing.

wl. fwd.—wool forward.

M.—make a stitch.

M.1—Pick up thread **before** next stitch with right-hand needle, slip it on to left-hand needle, and knit into back of this thread.

KNITTED ARTICLES FOR ALL BRANCHES OF THE SERVICE

1. Army—All units.
2. Navy—All seamen.
3. Air Force—All branches.

These instructions are compiled as a reference for experienced knitters, and as a guide and assistance to others. All good, well-made garments are gratefully received, and if knitters will carefully follow these suggestions the garments will be well shaped. Wool is too precious to waste. Examine the type and weight of your wool and make the garment suited to that type. Also,

1. Use the specified needles, if average knitter. If tight knitter, use slightly larger size needles. If loose knitter, use slightly smaller size needles.
2. Use the specified weight and types of wool.
3. Always watch tension: i.e. number of stitches to the inch.
4. Join wool by splicing—do not knot.
5. Cast on all ribbing stitches loosely—cast off the stitches the same way allowing plenty of stretch, using larger needle if one has any difficulty.
6. Wash socks—then stretch or press.
7. Join two socks of pair together with light coloured wool pulled through two inside thicknesses of cuff. Do not knot, but tie in firm bow. Fasten one size label (on each pair of socks) on the outside on cuff, if size runs between sizes, label smaller size.
8. Press all other garments.
9. Use words "Small," "Medium," or "Large," in sweater to show size.

WHAT THE ARMY NEEDS

SOCKS—

Colour—Khaki, Brown, Heather Mixture, Grey, or any suitable colour.

Wool—4 ply fingering, 5-6 ounces or equal weight.

Needles—Average Knitter—4 No. 11.
Tight Knitter —4 No. 10.
Loose Knitter —4 No. 12.
Bell gauge, points both ends.

Measurement—

All sizes from 10-12 required.

Length of leg from top of the cuff to under the heel from 14 in.-16 in. To make a 16-in. sock add 2 in. to the directions for leg, making 13 in. instead of 11 in.

Cast on 60 stitches, rib 4 in., 2 plain, 2 purl. Knit plain 7 in., 9 in. for 16-in. sock, (11 in. in all). **HEEL**—Knit plain 28 stitches on to one needle, turn, purl back these 28 stitches, turn, knit plain. Repeat these two rows (always slipping the first stitch) 11 times (12 in all), or 24 rows.

With the inside of the heel toward you, purl 15 stitches, purl 2 together, purl 1.

Turn, knit 4 stitches, knit 2 together, knit 1, turn, purl 5 stitches, purl 2 together, purl 1.

Turn, knit 6 stitches, knit 2 together, knit 1, turn, purl 7 stitches, purl 2 together, purl 1.

Turn, knit 8 stitches, knit 2 together, knit 1, turn, purl 9 stitches, purl 2 together, purl 1.

Turn, knit 10 stitches, knit 2 together, knit 1, turn, purl 11 stitches, purl 2 together, purl 1.

Turn, knit 12 stitches, knit 2 together, knit 1, turn, purl 13 stitches, purl 2 together, purl 1.

Turn, knit 14 stitches, knit 2 together, knit 1.

Pick up and knit the 12 stitches down the side of the heel piece and knit 2 stitches off the front needle.

Knit 28 stitches off the front needles on to one needle; the last 2 stitches knit on to the 3rd needle, on which pick up and knit the 12 stitches at the other side of the heel piece. Divide the heel stitches on to the 2 side needles and knit right round again to the centre heel. First needle, knit to within 3 stitches of the front end of side needle, knit 2 together, knit 1.

Front needle plain. Third needle, knit 1, knit 2 together, knit plain to end of needle.

This reducing to be done every other row until there are 56 stitches on the needles (front needle 28, side needles 14 each). Knit plain until the foot from the back of the heel measures 9 inches.

KITCHENER TOE — Decrease for toe — knit 6 stitches, then knit 2 together, knit 6 stitches, knit 2 together. Repeat this to end of the 3 needles. Then knit 5 rows plain. Then knit 5 stitches, knit 2 together, and repeat to the end of 3 needles. Then knit 4 rows plain. Then knit 4, knit 2 together, repeat to the end of 3 needles. Then 3 plain rows. Then knit 3 stitches, knit 2 together, repeat to end of 3 needles. Then knit 2 plain rows. Then knit 2 stitches, knit 2 together and repeat to end of 3 needles. Then 1 plain row. Then 1 row decreasing, **if necessary**, so as to leave 10 stitches on front needle and 5 on each of the back needles.

GRAFTING—Divide the stitches equally on two needles. With the wool at one end and with the right side of work facing, break off the wool, leaving a length of several inches, and thread this with a wool needle. *Inserting the wool needle, as if for knitting, into the first stitch of the front needle, draw it through the stitch and slip the latter off the needle: inserting the needle as if for purling, into the second stitch of the front needle, draw the wool through and let the stitch remain on the needle: taking the wool under the front needle and inserting the wool needle, as if for purling, into the first stitch of the back needle, draw the wool through this stitch and slip the latter off the needle: inserting the needle, as if for knitting, into the second stitch of the back needle draw the wool through and let the stitch remain on the needle, bring the wool forward under the needle and repeat from * until all stitches are worked off, darning in the end of wool securely when finished.

ALTERNATE TOE — Decrease for toe. On front needle knit 2, knit 2 together. Knit to within 4 stitches from end of needle, knit 2 stitches together, knit 2. On first side knit 2, knit 2 together, knit to the end of needle. Knit to within 4 stitches from the end of second side needle, knit 2 together, knit 2. Knit 3 rounds plain. Then 1 round decreasing, then 2 rounds plain. *Then 1 round decreasing. Then 1 round plain. Repeat from * until there are 10 stitches on front needle and 5 on each side needle. Now slip stitches from one side needle to the other, making 10 stitches on 2 needles. Break wool, and finish as for Kitchener Toe. **Wash—press or stretch—**

Join with wool drawn through and tied in tight bow. Attach size label.

BED SOCKS—

Colour—White is preferable.

Wool—6 oz. 4-ply Scotch fingering or equal weight wool.

Needles—4 No. 8. Bell gauge, points both ends.

Tension—5 sts. = 1 inch.

Cast on 48 sts. (16 on each of 3 needles). Work $3\frac{1}{2}$ inches ribbing (K2, P2). **Next round:** *W1. fwd. K2 tog. Repeat from * to end of round. Continue in ribbing until work measures 11 in. from beginning.

To make heel: Rib first 12 sts. of round. Slip the last 12 sts. of the round onto the other end of the same needle. (These 24 sts. are for the heel.) Divide remaining sts. onto 2 needles and leave for instep. Working on the 24 heel sts. proceed:—**1st row:** K1. Purl to last st. K1. **2nd row:** Knit. Repeat these 2 rows 9 times, then 1st row once. (21 rows altogether).

To turn heel: K13, Slip 1, K1, p.s.s.o. K1. Turn. **2nd row:** P4. P2 tog. P1. Turn. **3rd row:** K5. Slip 1. K1, p.s.s.o. K1. Turn. **4th row:** P6, P2 tog. P1. Turn. **5th row:** K7, Slip 1, K1, p.s.s.o. K1. Turn. **6th row:** P8. P2 tog. P1. Turn. **7th row:** K9. Slip 1. K1, p.s.s.o. K1. Turn. **8th row:** P10. P2 tog. P1. Turn. **9th row:** K11. Slip 1. K1, p.s.s.o. K1. Turn. **10th row:** P12. P2 tog. P1. Knit back 7 sts. (thus completing heel). Slip all the instep sts. onto one needle. Taking another needle knit the remaining 7 sts. of the heel and knit up 12 sts. from side of heel. With a 2nd needle, rib across instep sts. With a third needle knit up 12 sts. from other side of heel and remaining 7 heel sts.

To make instep: **1st round:** Work around the 3 needles, keeping the 2nd needle in ribbing. **2nd round:** 1st needle—Knit to last 4 sts. K2 tog. K2. 2nd needle—Rib. 3rd needle—K2. K2 tog. t.b.l. Knit to end of needle. Repeat these 2 rounds until there are 12 sts. on each of the 1st and 3rd needles.

Continue even until foot measures (from where sts. were knitted up at side of heel):—

$5\frac{1}{2}$ ins. for size 10.

6 ins. for size $10\frac{1}{2}$

$6\frac{1}{2}$ ins. for size 11.

(6)

To shape toe: **1st decreasing round**—*K6. K2 tog. Repeat from * to end of round. Knit 3 rounds even. **2nd decreasing round:** *K5. K2 tog. Repeat from * to end of round. Knit 3 rounds even. Continue decreasing in this manner, every 4th round, until there are 18 sts. in the round. **Next round:** (K2 tog.) 9 times. Break wool. Thread end through remaining sts. Draw up tightly and fasten securely on wrong side of work.

Using 3 strands of wool 70 ins. long, make a twisted cord and thread through holes at top of leg. Make 2 tassels and attach one to each end of cord.

To make the tassels: Cut a piece of cardboard $1\frac{1}{2}$ ins. wide and 3 ins. long. Wind a piece of wool 18 times round and round the width. Break the wool, leaving an end about 6 ins. long and thread the end through a needle. Slip needle through all the loops on the cardboard and tie the wool tightly at one edge. Slip off the cardboard and wind the wool several times around the loops $\frac{1}{2}$ inch from the fold. Draw needle through top and sew tassel to end of tie.

Make another Bed Sock to correspond.

KNEE CAPS—

Colour—Any suitable colour.

Wool—4 oz. heavy 4-ply Scotch fingering.

Needles—Two No. 9 knitting needles.

Tension— $5\frac{1}{2}$ sts. = 1 inch—important.

Cast on 38 sts. Knit 10 rows plain knitting. **11th row:** K17. Inc. 1 st. in next st. Knit to last 18 sts. Inc. 1 st. in next st. K17. **12th row:** Knit. Repeat last 2 rows until there are 56 sts. on needle. Knit 37 rows plain knitting. Proceed:—

1st row: K17. K2 tog. Knit to last 19 sts. K2 tog. K17. **2nd row:** Knit. Repeat these 2 rows until there are 38 sts. on needle. Knit 10 rows plain knitting. Cast off.

TO MAKE UP: Press carefully. Sew together the cast-on and cast-off edges. Work another Knee Cap to correspond.

GLOVES—

Materials—Special Service Yarn, heavy weight, 4 ozs.

Needles—Set of four No. 11 knitting needles (points at both ends).

Measurements—Width around hand at thumb, 8 ins.

Tension— $6\frac{1}{2}$ sts. = 1 inch.

Right hand glove: ** Cast on 48 sts. (16-16-16). Work $3\frac{1}{2}$ ins. ribbing (K2, P2). Work 6 rounds

(7)

RIFLE MITTS—

Colour—Khaki or any suitable colour for military woollens.

Wool—3 ounces medium weight 4-ply wool.

Needles—1 set of 4 No. 13 needles, points at both ends.

Tension—9 sts. = 1 inch.

LEFT MITT

Cast 60 sts. on 3 needles loosely (20 on each of 3 needles).

Work a 4-inch cuff in rib of K1, P1.

To Start Hand and Thumb

1st round—K1, M1, K2, M1, K57.

Knit 3 rounds even after every given round.

5th round—K1, M1, K4, M1, K57.

9th round—K1, M1, K6, M1, K57.

13th round—K1, M1, K8, M1, K57.

Continue in this way, increasing 2 sts. every 4th round until there are 36 sts. on first needle (76 sts. in all). Knit 3 rounds even after last increase round.

To Make Hand

Slip first 20 sts. from first needle on to a piece of thread and leave for thumb.

Cast 6 sts. on end of 3rd needle. (62 sts.).

Knit even until hand measures 2 ins. from where the 6 sts. were cast on. End with a completed round.

To Make First Finger

1st round—K9. Slip next 44 sts. on to a piece of thread. Place last 2 sts. from first needle on to 2nd needle. Cast on 4 sts. K2 sts. from last 9 sts. Knit remaining 7 sts. on 3rd needle (7-8-7).

Work even in stocking-stitch until finger measures 3 inches.

To Finish First Finger

1st round—K1, *K2 tog, K1. Repeat from * to end of round.

2nd round—Knit.

3rd round—K2 tog. until 1 st. remains. K1.

Break wool. Thread end through remaining 8 sts. Draw close. Fasten securely.

To Make Three Finger Section

Slip 22 sts. from thread on to one needle, the remaining 22 sts. on to 2nd needle.

Join wool at base of first finger. Pick up and knit 4 sts. Knit 10 sts. from first 22 sts. and slip them on to needle with the 4 picked-up stitches. Knit remaining 12 sts. on second needle. Knit the 22 sts. from third needle. Knit the first 2 sts. from first needle and slip them on to 3rd needle (12-12-24).

Knit even until mitt measures $2\frac{1}{2}$ ins. from the 4 picked-up stitches.

To Finish Three Finger Section

1st round—First needle: Knit. 2nd needle: Knit until 3 sts. remain. K2 tog., K1. 3rd needle: K1, S1, K1, p.s.s.o. Knit to end of needle.

Knit 2 rounds even.

Repeat last 3 rounds once.

7th round—Same as 1st round.

8th round—Knit.

Repeat last 2 rounds once.

11th round—First needle: K1, S1, K1, p.s.s.o. Knit to end of needle. 2nd needle: Knit until 3 sts. remain. K2 tog., K1. 3rd needle: K1, S1, K1, p.s.s.o. Knit until 3 sts. remain. K2 tog., K1.

Repeat last round 3 times.

Slip remaining 4 sts. from 2nd needle on to first needle.

Graft, see toe of "Army Sock."—Page 5.

THUMB

Join wool before the cast-on stitches. Pick up and knit 6 sts. Slip the 20 sts. from thread on to 2 needles and knit. (26 sts.)

Knit even until thumb measures $2\frac{3}{4}$ ins. from picked-up stitches.

To Finish Thumb

1st round—K2 tog., *K1, K2 tog. Repeat from * to end of round.

2nd round—Knit.

3rd round—K2 tog. until 1 st. remains. K1. Break wool and run end through remaining stitches. Fasten securely.

RIGHT MITT

Work as for left mitt until ready to make first finger.

Rearrange stitches as follows: Knit 56 sts. Slip remaining 6 sts. from 3rd needle on to first needle. Finish as left mitt beginning with, "To make First Finger."

WHOLE MITTS—

Colour—Khaki or any colour suitable for military woollens.

Wool—Double Knitting, 4 ozs. or 4-ply heavy Scotch fingering, 4 ozs.

Needles—4 No. 11 Bell gauge, points at both ends.

Measurements—Width around hand at thumb, 8 ins.

Tension— $6\frac{1}{2}$ sts. = 1 inch.

Cast on 48 sts. (16 sts. on each of three needles). Work $3\frac{1}{2}$ ins. ribbing (K2, P2). Work 6 rounds plain knitting. **Next round:** (beginning thumb). P1, Inc. 1 st. in next st. K1, Inc. 1 st. in next st. K1, P1. Knit to end of round. Proceed:—

Wool—10 ozs. heavy 4-ply Scotch fingering.
Needles—2 No. 9.
Measurement—Width not less than 12 inches.
Length not less than 46 inches.

The scarf without fringe: Cast on 56 sts.
Knit 46 ins. plain knitting. Cast off.

The scarf with fringe: Cast on 56 sts. Knit 44 ins. plain knitting. Cast off.

The fringe: Wind the wool over a piece of cardboard 4 ins. wide and cut through one edge. Taking 4 strands together, double them, and using a crochet hook, draw a loop through the end of the scarf, pass the ends through the loop and knot firmly. Repeat at even distances along the ends of the scarf.

SLEEVELESS SWEATER—(Regulation V Neck)

Colour—Khaki or any colour suitable for military woollens.

Wool—10 ozs.—heavy 4-ply Scotch fingering or double knitting wool.

Needles—Two No. 7, Bell gauge for average knitter.

Two No. 8, Bell gauge for loose knitter.

BACK: Cast on 80 sts. Rib 4 inches (K2, P2.). Then in stocking stitch (knit 1 row, purl 1 row) for 10 inches. Then cast off 3 sts. at beginning of next 2 rows. From now on keep 5 sts. knit plain at each end of needle every **purl row** to form border around armholes. Continue to knit in stocking stitch and knit 2 sts. together inside the 5 sts. of border every 4th row 3 times. Continue to knit until armhole measures 8 inches. Then keep **centre 34 sts. knit plain on purl rows** same as armhole for 1 more inch. Then knit 22 sts. Cast off 24 sts. in centre for neck. Knit 22 sts. **on one side, now knit front**, keeping 5 sts. at neck end knit plain on purl rows to form border same as armhole. Knit 8 rows for shoulder. Then increase 1 st. on 6th st. from neck and every 4th and 2nd row, time about (12 times in all). Break off. Repeat same for other front. Then put all sts. on 1 needle, but keep 10 sts. in centre, knit plain on every purl row for 5 times to finish neck neatly. Continue to knit until last decrease on back is reached *. **Then increase** 1 st. on 6th st. from each end of needle every 4th row 3 times. Then cast on 3 sts. at each end of needle (80 sts. again on needle). Knit till same length as back. Cast off. Sew up side seams.

HIGH NECK SLEEVELESS SWEATER—

Follow above directions until back is done and 24 sts. are cast off for neck. Then **on one side knit 20**

rows for shoulder. Keeping 5 sts. at each end of **needle knit plain to form border.** Break off. Repeat other shoulder. Then cast on 24 sts. for neck. Join to other shoulder, continue to knit but keep centre 34 sts., knit plain on next 5 purl rows to finish neck neatly. Continue to knit until last decrease on back is reached. Follow above directions from *.

ALTERNATE V NECK SLEEVELESS SWEATER

Colour—Khaki or any colour suitable for military woollens.

Wool—12 ozs. heavy 4-ply Scotch fingering.

Needles—Two No. 10 and two No. 9.

Tension—5½ sts. = 1 inch on No. 9 needle.

FRONT: With No. 10 needles cast on 104 sts. Work 4 ins. ribbing (K1, P1). Change to No. 9 needles and continue even in stocking st. (i.e. K1 row, P1 row) until work measures 13½ ins. from beginning, ending with purl row.

To shape armholes: 1st row: Knit. **2nd row:** K16. Purl to last 16 sts. K16. Repeat these 2 rows 4 times. Proceed:—

1st row: Cast off 10 sts. Knit to end of row. **2nd row:** Cast off 10 sts. K6. Purl to last 6 sts. K6. **3rd row:** K6. K2 tog. Knit to last 8 sts. K2 tog. t.b.l. K6. **4th row:** K6. P29. K12. P29. K6. Keeping the 12 sts. in centre in plain knitting, continue in stocking st. dec. 1 st. inside borders at armhole edges every alternate row 4 times, ending with purl row.

To shape neck: 1st row: K6. K2 tog. K29. Turn. Leave remaining sts. on st. holder. **2nd row:** K6. Purl to last 6 sts. K6. Keeping a border in plain knitting at each edge, dec. 1 st. inside border at armhole edge every alternate row twice, at same time dec. 1 st. inside border at neck edge on 3rd and every following 6th row to 24 sts. on needle. Continue even until armhole from first shaping measures 8½ ins.

To shape shoulder: Keeping border at neck edge, at armhole edge cast off 6 sts. every alternate row 3 times. Work 2½ ins. plain knitting on remaining 6 sts. Cast off.

Join wool at neck edge and work other side to correspond.

BACK: Work exactly as given for Front until the sts. are cast off at armhole. Keeping a border of 6 sts. in plain knitting at each side, dec. 1 st. inside border at each end of needle every alternate row to 68 sts. on needle. Continue even until armhole from first shaping measures 8½ ins.

To shape shoulders: Cast off 6 sts. beginning next 6 rows. Cast off remaining sts.

TO MAKE UP: Press pieces carefully. Sew seams. Sew ends of knitted border across back of neck.

PLAIN HELMET—

Colour—Khaki, or any colour suitable for military woollens.

Wool—2 oz. medium weight 4-ply wool.

Needles—4 No. 10 needles, 4 No. 8 needles, points both ends.

Tension— $6\frac{1}{2}$ sts. = 1 inch.

Cast 120 sts. on 3 of set of 4 No. 10 needles (40-40-40).

1st round *K2, P2. Repeat from * to end of round.

Repeat this round until work measures $4\frac{1}{2}$ ins. Change to No. 8 needles.

Knit even until cap measures $6\frac{1}{2}$ ins. including ribbing.

To Make Face Opening

1st round P40, K80.

2nd round K120.

Repeat last 2 rounds twice.

7th round P6. Cast off 28 sts. purlwise. P6, K80.

Knit 6 sts. from first needle on to end of 3rd needle. Slip the last 6 sts. from first needle on to 2nd needle. Work backwards and forwards with 3 needles.

To Make Sides of Head

1st row S1, K5. Purl to end of row.

2nd row S1 purlwise, P5. Knit to end of row.

Repeat last 2 rows 9 times.

Slip last 6 sts. on to unused needle and cast on 28 sts. Knit first 6 sts. from other side of cap on to same needle. Knit next 80 sts. (40-40-40).

To Make Forehead

1st round P40, K80.

2nd round Knit.

Repeat these 2 rounds twice.

Knit even until cap measures $11\frac{1}{2}$ ins. End with a completed round.

To Finish Crown

1st round K6. Slip these stitches on to 3rd needle. K13, K2 tog. K13, K2 tog. Slip remaining 4 sts. on to 2nd needle. Slip first stitch from 3rd needle on to 2nd needle. *K13, K2 tog. Repeat from * to end of 3rd needle.

2nd round and every even round—Knit.

3rd round *K12, K2 tog. Repeat from * to end of round.

5th round *K11, K2 tog. Repeat from * to end round.

7th round *K10, K2 tog. Repeat from * to end of round.

9th round *K9, K2 tog. Repeat from * to end of round.

Continue working 1 st. less between decreases of each decrease round until 16 sts. remain.

Last round K2 tog. 8 times.

Break wool Thread end through remaining 8 sts. Draw close and fasten securely.

STEEL HELMET CAP—

This cap is worn under the steel helmet and it is most important that it should be very finely knitted and of very soft wool. Must be khaki. **Please do not use anything but Andalusian wool for making this cap.**

Materials—4-ply Andalusian. 3 ozs. will make two caps.

Needles—Two No. 11 knitting needles.

$\frac{1}{6}$ yd. elastic, $\frac{3}{8}$ inch wide.

Tension—(Measured over Stocking st.) $8\frac{1}{2}$ sts. = 1 inch. **Work to exact tension to obtain correct size.**

Cast on 9 sts. **1st row:** Inc. 1 st. in each st. to last st. K1., 17 sts. on needle. **2nd and alternate rows:** Knit. **3rd row:** *K1. Inc. 1 st. in next st. Repeat from * to last st. K1., 25 sts. on needle. **5th row:** *K2, Inc. 1 st. in next st. Repeat from * to last st. K1., 33 sts. on needle. **7th row:** *K3. Inc. 1 st. in next st. Repeat from * to last st. K1., 41 sts. on needle. **9th row:** *K4. Inc. 1 st. in next st. Repeat from * to last st. K1. 49 sts. on needle. **11th row:** *K5. Inc. 1 st. in next st. Repeat from * to last st. K1., 57 sts. on needle.

Continue increasing in this manner, every alternate row, having 1 st. extra between increasings to 161 sts. on needle. (18 sts. between each increasing). Knit 17 ridges. Work now measures $2\frac{3}{4}$ ins. from last increasing at back edge. **Next row:** K73. Cast off 15 sts. K73. **Next row:** K73. Leave remaining 73 sts. on spare needle. Proceed:—

****1st row:** Cast off 3 sts. (front edge). Knit to end of row. **2nd row:** Knit. Repeat these 2 rows to 52 sts. on needle. Proceed:—

1st row: Cast off 1 st. Knit to end of row. **2nd row:** Cast off 6 sts. (neck edge). Knit to end of row. Repeat these 2 rows twice, 31 sts. on needle. **7th row:** Cast off 1 st. Knit to end of row. **8th row:**

Cast off 3 sts. Knit to end of row. Repeat these 2 rows to 3 sts. on needle. Cast off.**

Pick up the 73 sts. from spare needle. Join wool at front edge and repeat from ** to **.

The face band: With right side of work facing, pick up and knit 118 sts. around front edge. Knit 4 rows Garter st. (plain knitting). Cast off.

The neck band: With right side of work facing, pick up and knit 38 sts. along one side of neck. Knit 4 rows Garter st. Cast off. With right side of work facing, pick up and knit 38 sts. along other side of neck. Knit 4 rows Garter st. Cast off. Sew to edges of face band.

Press carefully, being careful not to flatten ridges. Sew back seam.

The Chin strap: Cast on 11 sts. **1st row:** Knit. **2nd row:** K1. Purl to last st. K1. Repeat these 2 rows for 9 ins. Cast off. Press and sew the two long edges together, on the wrong side. Turn the work inside out. Thread elastic through, sewing the end of elastic and the knitted short edges together. Sew the ends of the chin strap firmly to the joining seams of the front and back bands.

THE TURTLE NECK TUCK-IN—

Materials—4 ozs. Superior double knitting or heavy 4-ply Scotch fingering.

Needles—Set of four No. 9 knitting needles (points at both ends).

Measurements—Length of front (collar turned over) $11\frac{1}{4}$ ins. Length of back (collar turned over) $7\frac{1}{4}$ ins.

Tension— $5\frac{1}{2}$ sts. and 8 rows = 1 inch. **Work to exact tension.**

Starting at top of collar cast on 80 sts. (28-28-24). Work $5\frac{1}{2}$ ins. in rounds of K2, P2, ribbing. Divide sts. for front and back bibs as follows:—

Taking the spare needle slip first 20 sts. off first needle onto it. Slip the remaining 8 sts. from the end of the first needle onto the beginning of the 2nd needle. Slip 16 sts. from the end of the 2nd needle onto the beginning of the 3rd needle. There are now 20 sts. on the first and 20 sts. on the 2nd needles, and 40 sts. on the 3rd needle. Leave the 1st and 2nd needles for front bib and work on the 3rd needle as follows:—

The back bib: **1st row:** Purl across the 40 sts. Cast on 10 sts., 50 sts. on needle. **2nd row:** Knit. Cast on 10 sts., 60 sts. on needle. **3rd row:** K5, P50, K5. **4th row:** Knit. Repeat 3rd and 4th rows for $3\frac{1}{2}$ ins. ending with 4th row. Knit 8 rows Garter st. Cast off.

The front bib: Join the wool to the beginning of the first needle. Knit across the 20 sts. and knit the 20 sts. from the 2nd needle onto one needle. Cast on 10 sts. **2nd row:** K5. Purl to end of row. Cast on 10 sts. 60 sts., on needle. **3rd row:** Knit. **4th row:** K5, P50, K5. Repeat 3rd and 4th rows for $7\frac{1}{2}$ ins. ending with 3rd row. Knit 8 rows Garter st. Cast off.

Press carefully. Sew together the 10 cast-on sts. of the front to the 10 cast-on sts. of the back at each side of the collar.

BALACLAVA HELMET WITH CHEST AND BACK PIECE—

Colour—Khaki or any colour suitable for military woollens.

Wool—3 ozs. of 4-ply medium weight wool. Fingering if possible.

Needles—4 No. 10 needles. Points at both ends.

Tension— $7\frac{1}{2}$ sts. = 1 inch.

Using 2 of the set of 4 needles cast on 36 sts. **1st row:** K1. Increase 1 st. in next st. Knit to last 3 sts. Increase 1 st. in next st. K2. **2nd row:** Knit. Repeat these 2 rows to 66 sts. on needle. Continue even in garter stitch until work measures 7 ins. from beginning. Leave these sts. on spare needle and work another piece to correspond. Proceed:—

K44 on to 1st needle. Taking a 2nd needle K22 and K22 from spare needle. Taking a 3rd needle K44. Work 3 ins. in rounds of ribbing (K2. P2). Proceed:—

K19. Slip next 28 sts. on to stitch holder. Leaving these sts. for the face opening, turn. Knit $6\frac{1}{2}$ ins. garter st. on remaining sts. Proceed:—

1st row: K68, slip 1. K1, p.s.s.o. Turn. **2nd row:** K33, slip 1. K1, p.s.s.o. Turn and repeat 2nd row until all sts. are on one needle. (34 sts. on needle). Break wool.

Beginning again on the 28 sts. which were left, P1. Work next 24 sts. in ribbing of K2. P2. Then K2. P1. Pick up and knit 17 sts. With a 2nd needle pick up and knit 20 sts. along edge of plain knitted rows. Work next 24 sts. in ribbing of K2. P2. With a 3rd needle work next 8 sts. in ribbing of K2. P2. Then K2. Pick up and knit 37 sts. along other side of face and P1 from 1st needle. (136 sts. in round.) Work $1\frac{1}{2}$ ins. in ribbing of K2. P2. Cast off in ribbing.

HELMET (Ribbed, no Chest Piece)—

Colour—Khaki or any colour suitable for military woollens.

Wool—4 oz. Double Knitting wool or heavy 4-ply wool.

Needles—1 set of 4 No. 9 needles.



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